


ELIZABETH SENIOR CENTER  
1701 AURTHUR AVE. NASHVILLE, TN. 37208

2017 PROGRAM SCHEDULE	MONDAY 8:00am-4:30pm	TUESDAY 8:00am-4:30pm	WEDNESDAY 8:00am-4:30pm	THURSDAY 8:00am-4:30pm	FRIDAY 8:00am-4:30pm	MONTHLY SPECIAL ACTIVITIES
<p style="text-align: center;"><i>Schedule "Subject to Change"</i></p> <p><b><u>PROGRAM COORDINATOR</u></b> Melissa Rucker</p> <p><b><u>RECREATION LEADER</u></b> Ron Ellis</p> <p><b><u>NUTRITION SITE COORDINATOR</u></b> Brandi Mitchell</p>	<b>TEA TIME</b> 8:00am	<b>TEA TIME</b> 8:00am	<b>TEA TIME</b> 8:00am	<b>TEA TIME</b> 8:00am	<b>TEA TIME</b> 8:00am	<b>HOSUE MEETING</b> 3 <sup>RD</sup> MONDAY
	INDOOR/OUTDOOR ACTIVITIES Walking program Tables Games Exercise Machines All Day!	INDOOR/OUTDOOR ACTIVITIES Walking program Table Games All Day!	INDOOR/OUTDOOR ACTIVITIES Walking program Table games Puzzles All Day!	INDOOR/OUTDOOR ACTIVITIES Walking Program Exercise Machines	WALKING PROGRAM All Day!	<b>BIRTHDAY CELEBRATIONS</b> 4 <sup>TH</sup> FRIDAY
	<b>SIT &amp; FIT FOR SENIORS</b> 9:00am-9:45am	TABLE ACTIVITES All Day!	<b>Arthritis Stretches</b> 9:00am-9:45am	TABLE ACTIVITES Table Games Puzzles All Day!	TABLE ACTIVITES All Day!	<b>SPECIAL PROJECT</b> with Ms. Antoinette
	SPECIALTY CRAFT CLASS 9:30-11:00	<b>Inspirational Time</b> 9:00am-10:00am	BINGO 10:00am-11:00am	<b>SIT &amp; FIT FOR SENIORS</b> 9:00am-9:45am	LINE DANCING 10:00am-11:00am	<b>SENIOR CHOIR REHEARSAL</b> 3 <sup>RD</sup> THURSDAY
	SWING SENIORS 10:00am-11:30am	ARTS & CRAFT 9:300pm--10:30pm	TABLE ACTIVITES POOL- EIGHT BALL 10:00 -2:00	QUILTING CLASS 10:00-12:00	COMPUTER CONCEPTS CLASS 10:00am-11:00am New Class Begin March 10. 2017	<b>MUSIC FOR SENIORS EVERY</b> 3 <sup>RD</sup> WEDNESDAY@ 12:00P.M.
	<b>LUNCH</b> 11:15am- 12:15pm	<b>LUNCH</b> 11:15am- 12:15pm	<b>LUNCH</b> 11:15am- 12:15pm	<b>LUNCH</b> 11:15am- 12:15pm	LEARNING STEP TO LINE DANCING 11:00-11:45 A.M.	
	Ping Pong 12:30pm-1:00pm	COMPUTER CLASS Microsoft PowerPoint I & II 12:30- 2:00 pm New Class Begin March 7,2017	GYM GAMES Badminton/Shuffleboard 12:30pm-1:00pm	CERAMIC CLASS 12:30-2:30	FITNESS FRIDAY Indoor/Outdoor Activities	
	Crocheting & knitting 12:15-1:00 p.m.	ADULT COLORING 3:00-4:00 P.M.	DRAMA-12:00-2:00  Word Search & Sudoku 3:00-4:00	CHOIR REHEARSAL (every 3 <sup>rd</sup> Thursday) 1:30-2:30	<b>LUNCH</b> 11:15am- 12:15pm	
	Word Search & Sudoku 3:00-4:00			<b>Adult Coloring</b> 3:00-4:00 p.m.	NATURE NUTS 12:30pm-1:30pm	
					TOURNAMENT GAMES 12:00pm-2:00pm	